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Application #10/648,409  
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## POWERFLEX DELUXE WALKING STICKS

STEVEN ANTHONY SMITH  
30075 NW CAPEHORN ROAD  
BUXTON, OREGON 97109 USA

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SPECIFICATION

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65 sec.

Line 1

This application [refers] claims benefit to Provisional Patent Application  
#60/405,889, filed on 08/26/02.

## BACKGROUND

This invention is in the field of health and exercise. The idea came to me as a result of experimentation in my home environment of the Coast Range Mountains of northern Oregon. I have lived here on my 13 acres, surrounded by hundreds of acres of forest land, for 22 years. I hike around here almost every day. I started using a single walking stick, (just a fir branch I picked up from the ground), to ease the strain on my left knee, which had been injured in a motorcycle accident in 1966. As time went on, I discovered that using 2 sticks, one in each hand, was better. In fact, the more I used the 2 sticks together, the more I liked it. I could walk much farther with less pain in my knee. I also discovered that my upper body was becoming tighter, more toned. The only problem was that the dry fir branches that I was using would eventually break. Well, my supply of branches was virtually infinite, so I would just pick up another one. One day I decided to try some fresh, green branches so they would not break so easily. Since they were green, they would flex more than the dry branches. At first I didn't like the effect, — too much flex didn't give enough support. So I kept fine tuning my choice of branches until I found the right amount of flex for my weight. The flex acts like shock absorbers on a car. It reduces strain on the joints of the body. So for years I was using these walking. Some people would laugh, but I didn't care because I knew they worked for me. Then I started thinking about a more durable stick. I made a few phone calls, and discovered that the technology already exists to create a lightweight,

November 14, 2005

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Signature

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CLAIM

I claim:

1. (amended) [What I claim as my invention is the flexible, shock absorbing, power-releasing shaft of my walking sticks.] A walking aid and exercise device, used in pairs, comprising: a flexible shaft which is curved along its longitudinal axis, concave to the plane of forward motion; a contoured, removable handgrip which attaches to the upper end of the shaft, and is angled approximately 15 degrees forward of the vertical axis of the shaft; a removable tip at the bottom of the shaft.
2. (new) The device of claim 1 wherein the length of the device is in the range of 36 to 60 inches.

November 14, 2005

② → Signature *Steven A. Smith*

Copy faxed to Joie Johnson for examination 11/14/05  
2 days later called her, she said "make changes  
① and ② and it would be compliant"